You will need metric measuring spoons, metric measuring cups, large bowl, scales, tea towel, knives

**Pizza (based on a recipe by Jamie Oliver)**

1 tablespoon sugar

325 ml tepid water

1 tablespoon dried yeast

250 g strong flour

250 g semolina flour

1 tablespoon salt

oil for greasing

some extra flour and semolina for kneading

Dissolve the sugar in the tepid water. Sprinkle the yeast over, mix with a fork and leave for 5-10 minutes until the mixture looks frothy.

In a large clean bowl, mix the flour, semolina flour and salt. Make a well in the centre.

Pour all the dissolved yeast mixture into the centre and slowly mix in all the flour to make a moist dough.

Knead the dough for 10 minutes.

Place dough in a lightly greased bowl and leave in a warm, draught-free place to double in size.

When it has doubled in size, knock it back. To do this, knead the dough for about a minute, knocking all the air out of it.

Divide dough into 5 pieces and roll each into a large round shape about 0.5 cm thick using a rolling pin. Once you have added your topping bake for around 5-7 minutes at 240°C until topping has melted and pizza base is lightly golden.

**Toppings**

You will need metric measuring cups, metric measuring spoons, peeler, saucepan, colander, grater, large bowl, knife, board

**Potato and rosemary with salad greens**

2 medium to large potatoes

salt to cook potatoes

¼ cup extra-virgin olive oil

4 x 3 cm stalks rosemary

1 teaspoon salt

freshly ground black pepper

½ cup Parmesan cheese

salad greens

Wash the potatoes and slice very thinly using a peeler. Put in salty boiling water for 2 minutes. Drain the potatoes, place in a large bowl. Drizzle with most of the oil.

Strip the rosemary needles from the stalks and chop finely. Add the rosemary, salt and pepper to the potatoes. Carefully mix together so that all slices are lightly oiled.

Grate the Parmesan cheese.

Arrange slices of potato on the rolled out pizza dough, overlapping as you go. Sprinkle most of the Parmesan over the potato, keeping some aside.

Serve with topped with a handful of salad greens and remaining Parmesan.

**GARDEN TO TABLE**

RECIPE: **HUMUS (From Moosewood Cookbook by Mollie Katzen)**

VOLUNTEER NOTES : Discuss words dash, tahini, and packed. Pupils need to learn to measure accurately and taste test (hygiene).

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| --- | --- |
| **What to collect** | **Ingredients** |
| Food processor  Measuring cups and spoons  Chopping board  Lemon squeezer  knife | 1½ cups raw chickpeas, soaked 1½ hours and boiled until very soft (1½ hours)  3 cloves garlic crushed  1½ teaspoons salt  dash soy sauce  juice of 2 medium lemons  ¾ cup tahini  ¼ cup (packed) finely chopped parsley  black pepper  ¼ cup finely chopped spring onions |
| 1. Place chickpeas in a food processor, process to a thick paste. 2. Add remaining ingredients. 3. Taste to correct seasonings. Some people like extra garlic, soy sauce or tahini. 4. Chill well. | |

Humus is a chickpea pate of Middle Eastern origins. It is a spicy and rich spread, full of protein.

You can use it as a sandwich spread or as a dip. Scoop it up with pieces of packet bread or sticks of raw vegetables.